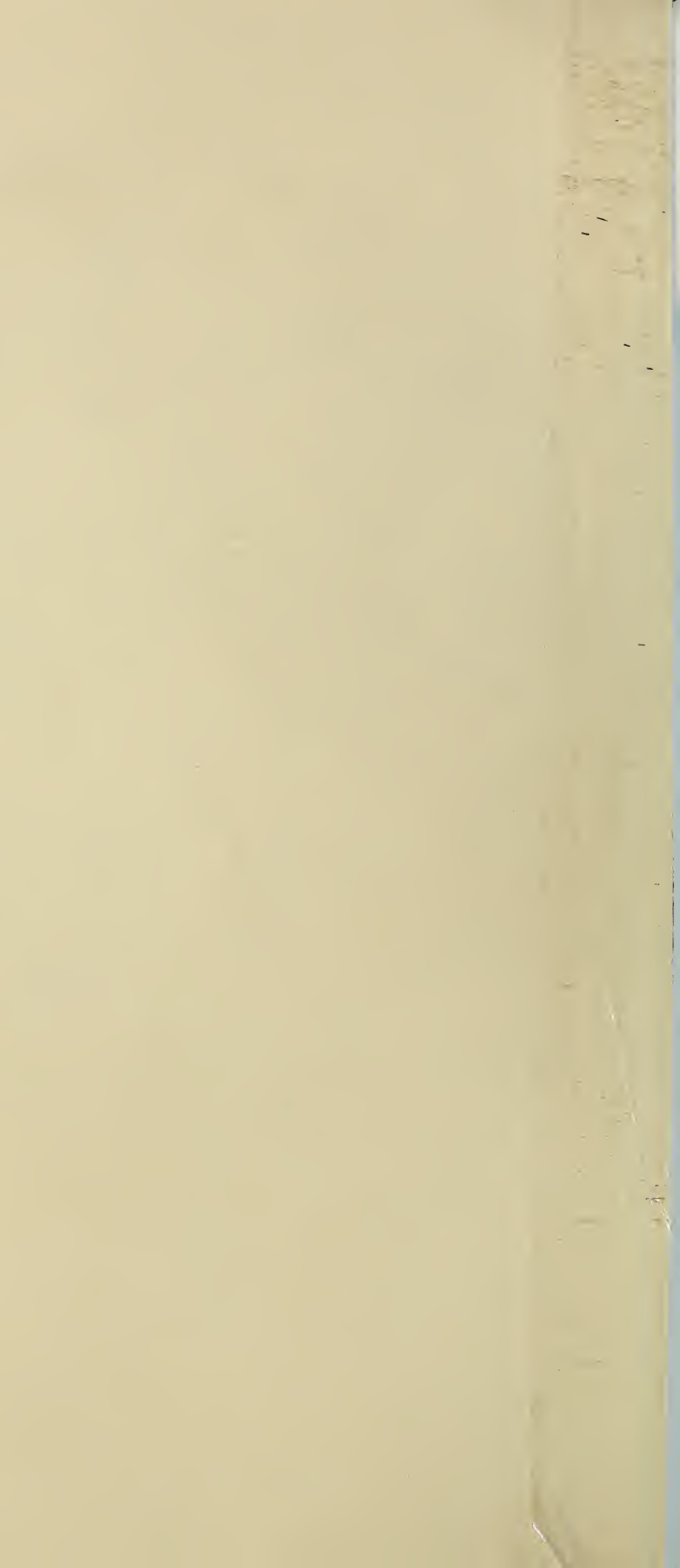


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# **Expanded Food Nutrition Education Program**



**Educating families  
since 1969...**

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United States Department of Agriculture  
Cooperative State Research, Education, and Extension Service



## What is EFNEP?

**EFNEP**, the Expanded Food and Nutrition Education Program, is a federally funded nutrition education program conducted through the Cooperative Extension Service in every State and U.S. territory. EFNEP began in 1969 with trained para-professionals teaching limited-resource youth and families with children to improve the quality of their daily diets.

*"Unless children are adequately nourished, they cannot learn."*



The benefits of **EFNEP** are far-reaching and dramatic. In each State, coordinated efforts help families with limited resources to...

- obtain knowledge;
- develop skills and change behavior;
- stretch their food dollars;
- handle food safely;
- choose more nutritious diets; and
- become self-sufficient.



## Whom do we reach?

Since its beginning, **EFNEP** has made a difference in the lives of those in our Nation with the fewest resources available to feed, clothe, house, and educate their families.

### Families with Limited Resources

Young families often lack not only nutrition knowledge, but also food shopping and preparation skills, job-related skills, money management abilities, and parenting skills.

A Montana EFNEP participant reports that after trying recipes and tips from EFNEP lessons, she was able to cut her food bill by \$50 a month.



### Multicultural Audiences

In Kansas, a client whose principal language was Spanish learned about food safety from the multilingual EFNEP paraprofessional. The skill he learned allowed him to pass a food safety test given in English by the Health Department. This accomplishment enabled him to get a better job.

In Rhode Island, classroom teachers noted that following an EFNEP paraprofessional's visit, elementary students "are taking the time to wash their hands more often, especially before lunch."



**School-age Youth** benefit from EFNEP programs.

**Pregnant Women**, many of whom are teens, improve their diets with knowledge gained from EFNEP. In doing so, they lower the risk that their babies will be born with birth defects or at low birth weight. This early intervention prevents high medical and societal costs that accompany at-risk births.

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A North Dakota EFNEP graduate states, "I now count how many fruits and vegetables I eat each day...five a day! It's hard being a pregnant teen, but EFNEP has helped me make better food choices."  
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## **The measure of success...**

### **Money Saved**

**EFNEP** has proven to be a winning formula, in each way its impact is measured. Results of a recent cost-benefit analysis in Virginia indicate that for every \$1 spent to implement the program, \$10.64 will be saved on future health care costs. These savings are due to:

- improvements in diets, reducing risk of chronic diseases;
- fewer unsafe food storage and preparation practices that contribute to foodborne illness;
- fewer low-birth-weight babies; and more mothers of limited resources initiating breast feeding, and breast feeding longer.





## **Behaviors Improved**

**EFNEP's** 30-year track record reveals outstanding achievements. In 1997, EFNEP graduates nationwide exhibited dramatic changes:

- 89% improved nutrition practices;
- 84% improved food resource management practices for their families;
- 67% improved food safety practices.

## **From Michigan:**

"What I learned in **EFNEP** helped me get into our local junior college food service program. I've been working in food service ever since!"

## **Effective Teachers**

**EFNEP's** success lies in the contributions of paraprofessionals who live in the neighborhoods where they teach, and who use a research-based curriculum coupled with hands-on experience. While other agencies provide food and other services, **EFNEP** helps participants gain skills to maximize resources to better feed their families.

## **An Indiana EFNEP participant sums it up:**

"I have learned how to save time, energy, and money and how to make healthier choices on food for myself and my son."

[www.reeusda.gov/4h/efnep/home.htm](http://www.reeusda.gov/4h/efnep/home.htm)





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